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THE IMPORTANCE OF PHYSICAL EDUCATION AND SPORTS FOR HUMAN HEALTH AND YOUTH DEVELOPMENT

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ABSTRACT

In this article, the structure of human organs and their functional maturity. Internal organs, nerves and movement, musculoskeletal system, control of body harmony and their functional activity.

KEYWORDS

Hygiene rules, physical education, internal organs, nerves and movement, musculoskeletal system, body harmony and management of their functional activity.

INTRODUCTION

Raising a healthy generation and educating young people starts in kindergarten and gradually becomes more serious in school. It is during this period that a child's physical culture is formed through an interest in the science of physical education. Of course, how well this process is organized depends on the knowledge

and skills of the physical education teacher. The future of any society lies in the education system, which is an integral part of it determined by the degree of development. On the path to progress, today reforming the system of continuing education in our country and improvement, the introduction of



advanced pedagogical technologies and education increase efficiency to the level of public policy.

THE MAIN PART

The adoption of the Law on Education and the National Training Program laid the foundation for a system of continuing education. The task of physical education is to create conditions for the physical development of students and pedagogical management. Process diagnostics play an important role in the system of sports games. The level of physical maturity is an indicator of the effectiveness of physical education, in the language of science. Based on special methods and physical techniques to organize the health of students, the level of maturity of each person: a permanent indicator for physical education is determined based on pre-determination of the established norms and indicators of deviation from it. Physical maturity is the harmony of the appearance of the body, the form of beauty, and the high level of perfection of physical qualities. Both the protagonists of the artwork and the teachers who teach the subject must act in accordance with Islamic and universal morality. Therefore, in the plot of works of art, there is an acute struggle between evil and good, justice and injustice. If a teacher does not have a deep sense of national values and does not conduct his activities based on the same values, he will not be able to convey to students the main idea put forward in a work of art. Therefore, the teacher must deeply understand national values. The teacher's speech should also be an example for students. Every teacher should be able to express himself in a purely Uzbek speech. It is important for him to express in his speech all the possibilities of the Uzbek language, to convey to students the content of a work of art. Only then can the teacher be an example for his students in terms of spiritual, moral maturity, devotion, knowledge and nationalism. The teacher has the

opportunity to expand and to a certain extent enrich the types of educational materials, and independent work selected based on the program. Students should know the hadiths, the basics of mysticism and knowledge of the history of the people to have a deep understanding of the works of A. Navoi, Babur, Ogakhi. Otherwise, student evaluations of the protagonists will be one-sided, superficial and biased. If the diagnosis shows that the physical or medical condition of the student or any other student is declining, then immediately the existing system of physical education needs to be changed. That's why it was recommended to organize physical education in schools, individually or in groups. Physical culture is an integral part of physical education. At the same time, physical culture is an integral part of the general culture of man and society.

The content of physical culture includes:

- The structure of human organs and their functional development. Internal members, nervous and motor, musculoskeletal system, coordination of the body and control of their functional activity.
- Promote student health.
- Get used to the rules of hygiene.
- Develop students' all-round skills.
- The profession of physical and physiological qualities of future workers formation in terms of importance increases work skills.
- Conditions for taking into account the sex and age characteristics of students created.
- Develop students' willpower, perseverance, conscious discipline, and a sense of camaraderie.
- Nurture personal physical abilities. Apparently, physical the content of education is extremely wide.

By means of the meaningful formation of the lifestyle, physical culture and sports of our youth. Advanced pedagogical experience has shown that physical education has become a way of life and a program for student communities. In particular, to promote the achievements of physical education classes, sports and physical education, industrial education technology and industrial practice, maintain the long-term working skills of students, to link the physical and physiological qualities of our youth to the professional content is paramount importance in the processes.

But there are also many benefits to universal physical education. For example, if a student is not satisfied with one sport, he is familiar with the techniques of all popular sports, and boys and girls are well-organized and well-organized.

The activity of a physical education teacher is divided into 3 stages:

- Preparation for the learning process:
- Training:
- Control over the learning process.

Each of these stages includes activities. Teaching the success of the process often depends on its initial organization. At this stage, the organizational activity of the physical education teacher is focused on the organization of the educational process as a whole: - the organization of each lesson. It is necessary to organize the whole educational process, create a complex of professional training for physical education teachers, plan for the period of pedagogical activity and plans for the period of its implementation and to ensure the success of its implementation.

CONCLUSION

Individual lessons are organized in order to regulate the activities of students, which requires the influence

of the whole complex of the teacher's speciality, as well as to effectively address the pedagogical tasks in the curriculum. In cases when decisions of an election commission are declared invalid, the election commission that adopted them shall be obliged to prove the circumstances on which these decisions were based. Therefore, to study corruption, and conflicts of interest, it is necessary to analyze several official crimes, as well as the areas of service of officials. For a practising teacher, this arrangement involves several activities including the creation of optimal conditions in each lesson is of great importance in educating and teaching the student.

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